

# LĀNA'I TODAY

MARCH 2021

## Time again to play



**See page 11**

Hana Lee, a Green Goblin in a Coach-Pitch team on Lānaʻi, is airborne, arms high to guide her flight. In half a second, her shoe will touch earth. The Silver Sharks shortstop knows this is inevitable, even as he whips the ball, even as another Green Goblin flies past second base, and spectators lean forward, tracking the ball's arc. He throws the ball because he must. We are all hardwired to try, to hope. The ball is nearing home now, its run coming to an end, but there might still be time, time for a player to scoop the ball, time for the wind to subside, time for the sun to shed its paling light, throwing in relief the shadows of a pandemic year against the gleam of a new one. Vaccinations and a vigil of mask-wearing have brought us to a season of hope, a season in which children are playing outside, and restaurants are slowly opening, and players like Hana Lee are rounding the diamond, their hearts exultant, as they sprint home, knowing they have overcome the odds, and they will be safe.

Photograph by Ron Gingerich

## Plantain heart soup

**E**arly January this year, I woke up thinking of plantain heart soup, the Filipino dish made with plantain blossoms, coconut milk, ginger, garlic, and dried fish. It was more of a feeling than it was a thought, and the feeling wasn't a craving. My mouth did not start to water for it wasn't a hunger that I felt. The feeling wasn't pinned to a memory, the way that a craving, with its jumbled skein of memories flowing from it, usually comes to you and takes hold. That's the order of desire: first, craving, then, memory. What had stirred me awake was a longing, an ache, for what I couldn't yet name. Plantain heart soup was just a stand-in.

The last time I had savored this dish was ten years ago. My father had made it. My mother was still alive, in the pink of health. It was one of her favorite dishes. I remember the minced plantain blossoms, the creaminess and fragrance of the coconut milk, the chunks of tender fish floating in the broth. I remember my mother looked up from her bowl. "Is good," she said. My mother was never known for being effusive. But she was always forthright and direct. If she loved something, one knew it right away.

Puso ng Saging (*pooh-so* – with a glottal stop – *ahng sah-ging*), translated as plantain heart, is not a special-occasion dish. But it is a dish that seems both extravagant and frugal – extravagant, because by cutting down the puso, one is sacrificing an entire cluster of plantains, a cluster that eventually blossoms into hundreds of cooking bananas; and frugal, because plantain and the other ingredients, ginger and garlic, the aromatic base of Filipino cuisine, can usually be found in the vegetable garden of any Filipino cook.

If I close my eyes, the memories of my father mincing plantain blossoms and tossing them with Hawaiian salt, and then later, cupping them and squeezing out as much of their bitter liquid as he can, and my mother relishing the briny bits of fish, the crunch of blossoms, flow through me as water – clear, moving water drawn from the reservoir of my mind. Every time my father made puso ng saging, he was telling my mother she was worth the extravagance.

What is grief if not a reservoir of memories?

I write this essay at a time when more than five hundred thirty-two thousand Americans have died of COVID-19 (*The New York Times*, March 13, 2021). And this is just the United States. The number of these untimely deaths multiplied by the families who are mourning them is the definition of unbearable loss. The vaccines bring us hope, and there are signs of a return to normalcy every day, but we're still deep in this fight.

How do we honor those we've lost, not just during this pandemic, but any loss at any time? I am learning that what gives comfort is to tell their stories. Every week the Public Broadcasting Service selects five individuals who have died from COVID-19 and tells their stories through the lens of their survivors. It is a moving eulogy of ordinary Americans, idiosyncratic, talented, funny, all deeply missed.

What gives comfort, as I mourn my own mother, who passed a year ago January 1, is to will her into being as I write about what she loved, such as plantain heart soup and climbing trees and her family, and to remember how fierce she was, how kind.

I am learning in this year of sorrow that sorrow cannot be rushed. It is not a day that opens and closes; it is not a cupped hand of bitter juice. I am learning that poetry brings solace. These lines from Joy Harjo's poem "Praise the Rain" have helped me stand in the world differently: "...Praise crazy./ Praise sad. /Praise the path on which we're led./Praise the roads on earth and water./Praise the eater and the eaten./ Praise beginnings; praise the end. /Praise the song and praise the singer.

Praise the rain; it brings more rain.

Praise the rain; it brings more rain."

Wherever you find yourself in this year of beginnings and ends, may you find time to praise the rain.



Nelinia Cabiles

## CONTENTS & CONTRIBUTORS

### 4 CONSERVATION CORNER

*Kuahiwi a Kai: Lānaʻi Watershed Conservation Program*



JONATHAN SPRAGUE AND DR. RACHEL SPRAGUE

### 5 WE ARE LĀNAʻI

*A new LFCC and coming elections*



NOEMI BARBADILLO

### 6 FROM READERS

*In their own words*



SHERI ATKINSON,  
KIM SCOTT BURCH,  
LINDA KAVELIN-POPOV,  
KAREN MILLER,  
JILL WIDNER

### 8 COMMENTARY

*The Gethsemane secret*



LINDA KAVELIN-POPOV

*You are what you think*



CAROLINE REESE

## Lāna`i Today

Publisher, Managing Editor, Lead Writer - Nelinia Cabiles

Graphic Arts, Layout Design and Pre-Press - Greg Cohen | Proofreader - Heidi Vogel

P.O. Box 630008, Lanai, HI | 96763 | (808) 563-3127 | ncabiles@lanaitoday.com

## Vaccination news

Contributed by the Lāna‘i Emergency Preparedness Group

**B**ecause of prioritization by the Hawai‘i State Department of Health, all Lāna‘i residents, age sixteen years and older, now qualify to receive the COVID-19 vaccine. A drive-in vaccination clinic is scheduled for 11 a.m. to 5 p.m., Saturday, March 27, at the old Dole Administration rear parking lot. Vaccines are provided courtesy of the State Department of Health via Maui Health Systems. The vaccine event is a collaboration among Maui Health Systems (Lāna‘i Community Hospital and Maui Memorial Medical Center), Maui District Health Office (Lāna‘i Public Health Nursing), Lāna‘i Community Health Center, Straub Medical Center-Lāna‘i Clinic, Pūlama Lāna‘i, the Maui Police Department, and the Lāna‘i Lions Club. Registration is required. Go to [mauihealth.org/lanaivaccines](http://mauihealth.org/lanaivaccines) to register and select an appointment time. If you are unable to print out your registration form or have trouble registering, contact the Lāna‘i Community Hospital for assistance.



### RECENTLY ASKED QUESTIONS

#### Which vaccines are we using on-island?

Moderna and Pfizer-BioNTech. As of early March, Johnson & Johnson’s one-dose vaccine is not yet available on Lāna‘i.

#### How much do I have to pay to get vaccinated?

It’s free and no insurance is needed.

#### How old do I have to be to get the vaccine?

The Moderna vaccine has been approved only for individuals age eighteen and older. The Pfizer vaccine can be administered to individuals age sixteen or older. However, if you are under eighteen, you must have permission from your parent/guardian and they must accompany you to your appointment.

#### Do I really need the vaccine right now?

- For sixteen- and seventeen-year-olds, the March 27 event is currently the ONLY opportunity available on Lāna‘i to be vaccinated.
- Vaccination may be needed for travel (going away to college, outside employment, vacation).
- A vaccination protects your family members and friends from becoming infected, as well as younger students who aren’t allowed to get the vaccine.
- A vaccination lowers your odds of getting COVID-19.
- A vaccination lowers your chances of becoming seriously ill or dying from COVID-19.
- Even if you’ve already had COVID-19, you could become re-infected. The vaccine offers further protection.
- It’s free right now; it might not be in the future.

#### How do I know when to get my second dose of the vaccine?

If you took the vaccine at:

- Lāna‘i Community Health Center or Straub Lāna‘i: you will be called directly to arrange an appointment time.
- Lāna‘i Community Hospital: you will be emailed.
- the February 27 drive-in event: you will be contacted directly by the healthcare provider through which you made your first-dose appointment.

#### I have an appointment for my second vaccine dose, but it seems like it’s too early. Is it OK?

The Centers for Disease Control provides a “grace period” of four days before the recommended time interval during which a second dose could be taken. However, it’s preferable to receive your second dose as close to the manufacturer’s recommended time interval as possible. For Moderna, this is twenty-eight days after your first dose; for Pfizer, twenty-one days.

#### My first vaccine was made by Moderna. Is it okay if my second dose is from another company?

No. Both your first and second doses should be the same.

More than 1,050 Lāna‘i residents (at least 30 percent of our island’s estimated population of 3,400) have been vaccinated against COVID-19, as of early March 2021. No one has reported experiencing serious effects. Lāna‘i is on track to become one of the first communities to reach community-level “herd” immunity before summer. Let’s show our thankfulness for this opportunity by getting as many Lāna‘i residents vaccinated, thereby helping our government to move toward the goal of vaccinating the entire state of Hawai‘i.

## DOH State Laboratory finds new COVID variant

From Hawai‘i COVID-19 Joint Information Center

**T**he Hawai‘i Department of Health’s State Laboratories Division (SLD), February 26, 2021, confirmed the presence of a new COVID variant in Hawai‘i. The P.2 variant, which contains the E484K mutation, was identified through surveillance testing conducted on O‘ahu.

While the implications of this additional strain are unknown at this time, the P.2 variant is closely watched because two individuals in Brazil who were previously infected with COVID were re-infected with the P.2 variant.

It is unclear whether this variant is more resistant to vaccines and antibodies gained through previous COVID infection.

“New case counts are down from a month ago, but these variants remind us to remain vigilant,” said Dr. Elizabeth Char, state health director. “The more the virus is able to infect people, the more opportunity it has to mutate, so it behooves us to prevent infections. We all know that is done by wearing masks, maintaining physical distance, avoiding large gatherings, and getting vaccinated when it is our turn.”

While the P.2 variant is still being studied, people previously vaccinated or previously infected are not expected to become seriously ill if infected with the P.2 variant. The P.2 variant is thought to have originated in Brazil. It has been found in several mainland states and Europe.

The P.2 variant has thus far been detected in one individual who lives on O‘ahu. “That individual recently traveled to the U.S. mainland,” said Dr. Sarah Kemble, acting state epidemiologist. “That person is in isolation and known close contacts are in quarantine.”

Another variant of concern is associated with an increase of COVID cases on Maui. The B.1.429 variant, previously called L452R, was first detected in Hawai‘i almost four weeks ago. On February 2, 2021, the Department of Health (DOH) announced seven known cases on O‘ahu, one case on Kaua‘i, and one on Maui.

The B.1.429 variant was first detected in California in December 2020. It has become the dominant strain in California and is found in more than forty other states. The B.1.429 variant may be more transmissible than other COVID strains but there is still much to learn about this variant, and it is still considered “under investigation” by the U.S. Centers for Disease Control and Prevention (CDC). It is not clear how effective current vaccines are against B.1.429.

Also, three additional cases of the B.1.1.7 variant are confirmed on O‘ahu. This brings the total number of B.1.1.7 cases in Hawai‘i to six. All six are on O‘ahu and are household contacts.

“The P.2, B.1.429, and B.1.1.7 variants were discovered as part of proactive statewide surveillance conducted by the DOH in collaboration with private hospitals and independent clinical laboratories,” said Dr. Edward Desmond, SLD director. Hawai‘i currently leads the nation in the percentage of specimens, which are sequenced and sent to the international GISAID (global initiative on sharing all influenza data) database.

DOH’s discovery of variants helps the health agency focus its most rigorous contact tracing efforts on patients identified with variant strains.

‘Ōlelo No‘eau - *Hele no ka ‘alā, hele no ka lima. The rock goes, the hand goes.*

To make good poi, the free hand must work in unison with the poi pounder. Keep both hands going to do good work. (Pukui 83).

## MKCF, a community partner

Contributed by the Manele Koele Charitable Fund

**T**he Manele Koele Charitable Fund (MKCF) has been a partner with Lānaʻi community organizations since 2014. Our passion to improve the quality of life for Lānaʻi residents, especially our keiki, by empowering them to learn, has created a small victory amid the COVID-19 crisis.

Several years ago, we began receiving funding requests from teachers at Lānaʻi High and Elementary School (LHES). Our first was from Marie Romero, a second grade teacher. Through MKCF, she was able to purchase much needed Chromebooks, which brought twenty-first century digital learning to her students. “MKCF’s generous support in our school is imperative to student success,” Romero says.

Word spread fast and funding requests from other teachers for Chromebooks arrived for every funding cycle. Kapua Weinhouse, a former sixth grade teacher, shares that MKCF funded Chromebooks for her entire class, enabling her to teach students more efficiently. A year ago, she gave her students an interim math test, which wouldn’t have been possible otherwise. “Having a Chromebook is imperative to understanding and improving our test scores,” she says.

Year by year, MKCF funded different grades with Chromebooks until the entire student body had access to Chromebooks.

Little did we know that COVID-19 would create such havoc, and distance learning would begin almost overnight on Lānaʻi. Our teachers were ready, thanks in part to your generous donations that have allowed us to purchase Chromebooks for LHES students.

Elton Kinoshita, principal of LHES, sums up the tremendous effect of your support: “Had it not been for MKCF funding Chromebooks for the school, the remote learning necessitated in the era of COVID wouldn’t have been possible.”

Thank you, MKCF donors. We call this a win-win, and it couldn’t have happened without your ongoing support!



Happy  
St. Patrick's  
Day from  
LĀNAʻI TODAY



## Kuahiwi a Kai: Lānaʻi Watershed Conservation Program moving forward

Contributed by Jonathan Sprague and Dr. Rachel Sprague, co-directors of Conservation, Pūlama Lānaʻi

**W**hen we first met as a community in mid-2019 about Lānaʻi’s Kuahiwi

a Kai Watershed Conservation Program, we knew that such a partner-based grant program would be slow to start. We did not anticipate that announcing the first grants in March 2020 would coincide with the rising COVID-19 pandemic, or the challenges it would pose. Now, circling back a year later, we are happy to share some project updates, and exciting new grants recently awarded by our lead partner, the National Fish and Wildlife Foundation (NFWF).

Why the Kuahiwi a Kai program? Like much of Hawaiʻi, Lānaʻi’s landscape has seen over 150 years of impacts from near-sighted agricultural use, invasive species introductions, and mismanagement of non-native ungulate species (hooved

animals, such as deer, sheep, and goats). Today, we see damage to the freshwater aquifer and sedimentation onto coral reefs that will take decades to undo. But the Kuahiwi a Kai program is a first step to reverse this history, and in doing so, protect and enhance coral reefs and nearshore fisheries, native plants and animals, and sensitive coastal cultural sites, while fostering connection between Lānaʻi’s community and the land. Fortunately, there are success stories to help guide us: restoration at Kawela Ridge on Molokaʻi, and the Auwahi Forest Restoration Project on Maui have both seen incredible recovery of native vegetation after reduction of ungulates and increases in outplanting.

While the COVID-19 pandemic slowed some projects, work with remote sensing and data collection still moved forward. The U.S. Geological Survey (USGS) and University of Hawaiʻi are mapping Lānaʻi’s vegetation using aerial imagery to guide revegetation and invasive species control efforts. Another USGS group is mapping our most erodible soils with a combination of high-tech LiDAR (Light Detection And Ranging) and low-tech field observations. Pono Pacific Land Management is using topography of the project area and the mapping projects to identify and scope fence alignments to manage deer numbers and movement. They are on track to start building a first fenceline later in 2021 after more conversation with conservation agencies and community members about alignment and priority areas. Work also continues on a predator-proof fence above Hiʻi to protect ʻuaʻu (Hawaiian petrel) and other native species from invasive cats and rats, and San Diego Zoo Global completed a monitoring plan so we can effectively evaluate conservation efforts for ʻuaʻu.

Projects that focused on outreach and community involvement were more heavily impacted by COVID, but with increasing Lānaʻi vaccination rates, these projects are regaining momentum. The University of Hawaiʻi School of Ocean and Earth Science and Technology will work with Lānaʻi students to build and deploy sensors measuring nearshore water quality and sedimentation. Ridge to Reefs will host student interns to grow and outplant native plants with the community to directly reduce erosion. The Nature Conservancy will begin small-boat-based nearshore reef and water quality assessment surveys.

Finally, we are pleased to announce two new Kuahiwi a Kai partnerships. First, the Lānaʻi Culture and Heritage Center will be starting a stewardship program with Lānaʻi residents, focusing on control hunting in the project area to reduce the deer herd, and education to connect people with the history and management of a healthy landscape. Shelly Preza from the Lānaʻi Culture and Heritage Center says, “we are honored to be one of the first Kuahiwi a Kai grant recipients conducting a project led by our community. We are excited to utilize local knowledge and talent to steward our beloved island. Stay tuned!” The second new partnership is with Kekulamamo, led by Anthony Pacheco, who will use video storytelling to document the Kuahiwi a Kai conservation program and resources of the area. He says, “by telling the story of Lānaʻi’s relationship with ʻāina and mālama ʻāina from our community’s perspective, we hope to share an organic experience that will engage and inspire future generations to come.”

It is encouraging to see this program’s momentum building. We expect more Kuahiwi a Kai projects to be starting up in the next year, and look forward to providing more regular updates here and in meetings soon. Mahalo nui loa!



Native forest and ʻuaʻu (Hawaiian petrel) habitat on Lānaʻi Hale. Photograph by Dr. Rachel Sprague, Pūlama Lānaʻi



USGS scientist Jonathan Stock measures water infiltration rates into eroded soils in the Kuahiwi a Kai project area. Photograph by Dr. Jeff Prancevic, USGS

Mai ka pō mai ka ʻoiāʻiʻo. Truth comes from the night. Truth is revealed by the gods (Pukui 225)

## A new LFCC and coming elections

Contributed by Noemi Barbadillo

**B**ayanihan: the spirit of working together to help our Filipino community thrive.

The Lāna‘i Filipino Community Association, formed by hardworking Filipino Sakadas, was created in the 1940s to provide social, economic and education services that promote and perpetuate the Filipino culture and customs on Lāna‘i.

With a strong sense of bayanihan to guide them, LFCA members worked to foster pride in their culture through annual events and festivals.

I remember seeing our parents building nipa huts, and friends climbing the grease pole for money in the Barrio Fiesta, and taking part in Rizal Day and political sign-waving for candidates whom the association supported.

Today, we need to “jump start” the association by bringing back the bayanihan of old Lāna‘i. This is our chance to give back to our community in the same way Sakadas strengthened our connections and made possible the lives we lead now. Filipinos, and Filipinos-at-heart, represent seventy percent of the island’s population.

With a nod to bayanihan, there will be an election April 8, 2021, for new officers of the Lāna‘i Filipino Community Coalition (new name). The elected officers will be responsible for updating and creating new bylaws, with the goal of renewing LFCC’s mission. To nominate someone for office (respective duties described below), please email lanaifcc@gmail.com with the person’s name, a short bio and why you think he or she is the best candidate for the office. Voting information will be coming soon.

**President:** Supervises the organization’s affairs and activities and furnishes an annual report.

**Executive Vice President:** Presides over general membership and board of directors’ meeting in the president’s absence. Works on membership, finances, public relations and coordinates projects.

**Vice President-Community Engagement:** Works with the president on all LFCC’s external affairs and community programs/projects. Works with directors to coordinate events, programs, and projects that aid LFCC’s development and growth. Will preside in absence of president and vice president.

**Vice President-Communications:** Works with the president on LFCC’s internal and external communications. Maintains and establishes relationships with media outlets. Helps to coordinate and maintain website and social media avenues.

**Vice President-Membership:** Works with the president on membership recruitment, orientation, activation and retention programs/projects.

**Treasurer:** Issues notices of dues payable and responsible for the collection thereof. Maintains LFCC’s books. Prepares monthly financial reports and final audits. Responsible for all legal documents of the Chapter, including, but not limited to: insurance, incorporation and tax filings.

**Secretary/Historian:** Gives notice of all regular and special meetings and keeps permanent record of meeting minutes. Is custodian of all official records of the organization, including its newsletter and other communications. Acts as the Chapter’s historian and works with the vice president of Communications to establish and maintain records on website and social media.

We look forward to the newly established LFCC and the events and opportunities created by the new governing body.



Filipino Lanaians at the FilCom Center Bayanihan Gala at the Sheraton Waikiki in 2016.

## The call to Kalaupapa

By Nelinia Cabiles

**H**eather Durham, a retired nurse on Lāna‘i, is traveling April 1, 2021, to work at a Moloka‘i outpost so remote one can get there only by air, on a rare flight; by foot, down steep two-thousand-foot sea cliffs; and, until a global pandemic forced a trail closure in the national historical park, by mule, a twisty three-mile trek. Food and supplies come only once a year by barge.



Heather Ruth-Durham  
Photograph by Nelinia Cabiles

The geography of Kalaupapa, which lies on a peninsula on Moloka‘i’s northern coast, has long isolated it from the rest of the world. Its isolation is part of its torturous history: In 1865, people in Hawai‘i diagnosed with leprosy – now known as Hansen’s disease – were forced into permanent exile at Kalaupapa. Children and adolescents were separated from their parents, husbands from wives.

Durham did her own research on Kalaupapa to prepare for her three-month stint at its hospital. “Patients have been there their whole lives. They were brought over as children, taken away from their parents,” she says. “Hawaiians and Pacific Islanders had no resistance to leprosy.”

A cure for Hansen’s disease was found in 1969, and the state of Hawai‘i stopped its mandatory quarantine process, but residents chose to remain in Kalaupapa, because for many, it was the only home they’d known. It is caring for these patients that Durham has been called to do. “I might be doing home visits, too. I’ll know more when I get there,” says Durham. “[The disease is] not contagious anymore. Sulfa drugs; antibiotics stop it from doing its damage.”

The Medical Reserve Corps, part of the state’s Office of Public Health Preparedness, a national network of volunteer medical and health workers, as well as community members without medical backgrounds, contacted Durham in January. The opportunity came with conditions: Solitary confinement for two weeks upon arrival. Limited WiFi. She would need to bring her own food. A forty-hour work week. She’d get ninety dollars every two weeks to buy supplies at Kalaupapa’s only store. There’d be no compensation for working. Durham leapt at the chance.

“I don’t mind the country lifestyle . . . and living small. I’m a widow; I don’t have small children. Luckily, I’m used to Lāna‘i. It won’t be a huge change,” she says. “I see this as an opportunity to have a connection with something, a connection to a unique place in the world. They say Kalaupapa is awesomely beautiful.”

Kalaupapa is indeed gorgeous, and until recently, Kalawao County, the smallest county in the nation, to which Kalaupapa belongs, was free of the coronavirus. That changed in January 2021, when a resident flew home in December and tested positive for COVID-19. But a self-quarantine upon arrival back in Kalaupapa quickly contained it, mitigating any spread.

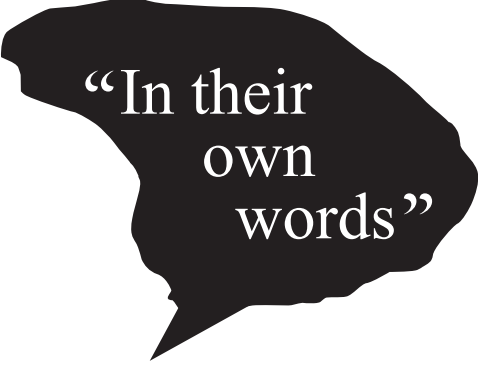
Durham, who loves to travel, sees the work at Kalaupapa as an extension of her current work. “I give my time, and help out where I can. I help out at the Harbor. I check on one of my kūpuna every morning, seven days a week. Have dinner with her. Everybody has some talent. You don’t need to be a RN. You can volunteer. Seniors have been isolated. They just get so tired of being shut down. Check in with Kīnā‘ole, and see what you can do.

“I’ve always worked as many hours as possible. If there was overtime, I signed up for it. I took the highest-paying job I could get, because my goal was to retire at sixty, which is what I did,” she says. “My husband Roger died shortly after he started collecting social security. He collected one or two checks when he passed. As a widow, I could retire at sixty, and collect [my spouse’s] social security and leave my own untouched. At seventy, I can drop his and collect my own. Right now I’m enjoying life and relaxing. Roger didn’t get that chance. [He never got to] enjoy his golden years. And so I feel like I’m living a little of his time.”

Durham recognizes that it is a rare individual who would give up ninety days of his or her life to work without pay at as secluded a place as Kalaupapa. But she doesn’t think of it as a sacrifice, but an extraordinary opportunity to see a place that very few people in the world ever get to visit.

Reading about Kalaupapa has fired her imagination. “There are blowholes I want to see. There’s a lake that is a difficult hike to get to,” she says. “The more I get into it, the more the fascinating the place is to me.”

Ma ka hana ka ‘ike. In working one learns (Pukui 227).



“In their  
own  
words”

*Editor’s note: In my January 2021 editorial column, I asked Lāna‘i Today readers to reflect on 2020, a year of struggle and sorrow, and to share stories of what they’d lost and found. Full disclosure: the entries are from my friends, who all read Lāna‘i Today.*

**Sheri Atkinson, New Castle, CO:** I lost my mother fairly suddenly in February 2020, but I’m grateful to have shared her last days. Our relationship was good in the end. I *gained* her strength & tenacity, and the faith & trust of the family. We continue strong.

I missed the social trail running group and ultrarunning trail races & adventures with friends. I’ve found my own running adventures & cultivated deeper friendships with the friends who matter most, some with whom I had lost touch. We now have monthly Zoom calls.

I’ve learned to slow down in life . . . and also on the trails & in the forest. I’ve become more connected to the natural world, more curious. I’m learning about birds, the difference between a raven & crow, that when wild Miriam turkey hens run across the front lawn they make my dark mood lighter. I’m learning to read the stories the forest reveals, and the difference between a coyote and mountain lion print. I pay attention to the sunset, because it works as well as the turkeys do at making my heart lighter. The full moon & glowing bright hillside delights me as well.

In March 2020 my husband and I were suddenly homebound together. He was working from home. I had a health order from the governor to close my 17-year-old business due to COVID. At first, I deep cleaned and organized, connected with clients by phone and Zoom. By April and May, my husband and I were spending a lot of time on the patio, doing yoga, lounging, eating our meals, talking. We were trying to get regular exercise outside with the dogs. We began to reevaluate where we lived. We had no privacy. We were surrounded by neighbors. To go out for a walk or trail run, and avoid people, was anxiety-provoking. Why be in the city?

We were fortunate to have built up equity in our house; interest rates were low. We were grateful for the opportunity to leave the city and move to the mountains near our daughter, to a home that costs half the price of a home in the city. No neighbors behind us, and wide open spaces when we walk and run.

I’ve gained better insights about myself and who I want to be. I know I have many flaws. I can be hateful & cold when I feel out of balance, but mostly I believe I’m loving and empathic and I believe in the good of people. I have good people around me. My family is loving and good. I have wonderful friends. I want to be less selfish.

I’m learning that with having more time I actually like to prepare food and cook. It’s relaxing and satisfying to eat healthy food and to see others enjoy what comes from my heart.

**Kim Scott Burch, Centennial, CO:** What I really miss is not being able to perform in public with my band mates. Music is a large part of my life and the energy and excitement that I receive from the band and our fans is therapeutic.

[What] I have gained through the hard times is an appreciation for the kindness of others in times of need. So many people have opened their hearts and wallets to strangers who are struggling to make ends meet. I found that I was also more willing to give to others in need. That kindness warms my soul and gives me hope that we will survive these hard times and life will move forward.

**Linda Kavelin-Popov, Lāna‘i, HI:** In 2020, I lost my innocence, learning more than I ever knew about the deeply embedded racism in our culture and our country. I lost easy company with friends, and celebrations in our community.

In 2020, I found a renewed passion for racial equity and justice; a fierce desire to do my part; the motivation to finish my new book, *Dreaming at the Crossroads of Change*; a love of silence.

**Karen Miller, Centennial, CO:** I’m pretty much an introvert, so I was surprised to realize that [what] I missed most is hanging out with a few friends. We talk on Zoom, but it’s not the same. I miss the relaxing conversations . . . the hugs that start and end our gatherings. I’m a hugger at heart. I like the physical touch. But that’s gone with COVID.

We were planning trips to Europe and other places, wanting to get some experiences under our belt before we are too old to enjoy them.

We had tickets for The Who, The Eagles, and Black Pumas. All cancelled or postponed indefinitely. I miss the energy that comes from live music.

What I’ve gained: I . . . cook and bake more and I enjoy that. I tried sourdough bread for the first time! I also have had more time to read.

I’m [discovering] just how important fellowship with other beings really is. We all need others to share with, relate to, and validate our feelings and dreams. I hope we’re out of this nightmare soon.

**Jill Widner, Yakima, WA:** There’s a scene in Jane Austen’s *Sense and Sensibility* that runs through my mind sometimes as if to remind me that life unfolds and continues as it must needs – a phrase I often ran into and never quite understood until today. Colonel Brandon is slowly working to persuade Marianne, who is mourning Willoughby’s rejection by reading her a verse from Edmund Spenser’s *The Faerie Queen*, subtitled “The Ways of God Unsearchable”:

*What though the sea with waves continuall*

*Doe eate the earth, it is no more at all:*

*Ne is the earth the lesse, or loseth ought:*

*For whatsoever from one place doth fall,*

*Is with the tide unto another brought:*

*For there is nothing lost, but may be found, if sought* (Book V Canto II stanza 39)

I taught my last face to face classes a year ago last winter and my last online classes the following spring. I didn’t realize I would miss the strength and beauty, the elasticity, the greenness, the sense of humor, the questioning, the curiosity of youth. I thought I had lost contact with all of that when I retired last September.

But I found it again in the young girl, who lives at the end of my street. Almost every day she walks around the block several times, wearing ear buds and pecking at her phone, turning to look over her shoulder as if what she’s doing or thinking might be found. She has a quick stride. Sometimes she breaks into a jog.

Once someone said to me, there’s nothing in the world you could want that you can’t find in your own back yard.

I have found my back yard again. Have become a friend of the yard, but differently. First light. The middle of the day. Nightfall. The middle of the night. First light.

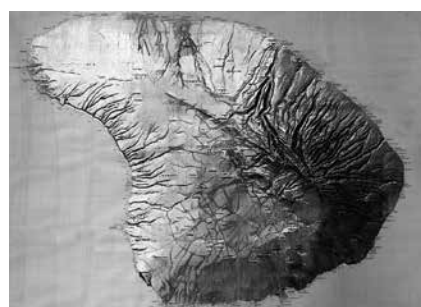
I have lost much sleep, but I have found the night again. Have become a friend of the night. But differently. The constellations I can’t name, but recognize. The changing moon. The call of the train. The stone Buddha in the garden under the dogwood tree. The small movement of the shell chimes in the wind. Snow showers falling like a waterfall.

I’ve lost my trust in unknown others. Have found suspicion. Have found a preference for keeping my distance.

I’ve found politics. I’ve found the news.

I’ve found the intolerant, ignorant, zealous minds of the interpreters. I’ve found the clear-thinking, even-toned, articulate minds of the interpreters.

Snow is still slowly falling here where I am. I would like to think of it as a blessing, as rain can be in the Hawaiian way. “For there is nothing lost, but may be found, if sought.”



Na lā e lana ana ke koko. *The days when the blood circulates freely.* Youth (Pukui 246).

## Lāna‘i student awarded prestigious PLU scholarship

**A**maya Ho‘opi‘i-Baptista, a senior at Lāna‘i High School, has been named a Pacific Lutheran University President’s Scholar and awarded the prestigious President’s Scholarship, a \$30,000 per year prize — with the opportunity to compete for more. Ho‘opi‘i-Baptista was among one hundred twenty-three students selected for this top academic and leadership scholarship offered by PLU. More than four hundred incoming first-year students who met the high eligibility standards applied. President’s Scholars are selected based on academic achievement, service and leadership, as well as the potential to create positive change and leadership in both the academic and co-curricular life at PLU. This year’s President’s Scholarship recipients have, on average, a 3.99 grade point average. These top students have been invited to interview in February to compete for the next level of PLU Presidential Scholarships — one of ten Harstad Founder’s Scholarships (\$35,000 per year) or one of five full-tuition Regents’ Scholarships.



Amaya Ho‘opi‘i-Baptista

“We are honored to recognize the accomplishments of these students and welcome them to PLU,” said Allan Belton, PLU president. “President’s Scholars are chosen for their accomplishments in academics, co-curricular leadership, and community engagement. These students embody what it means to be a Lute. They are already working toward leading lives of thoughtful inquiry, service, leadership and care. I am excited to see how PLU can guide them toward a vocation that will allow them to use those skills to make an impact.”

Ho‘opi‘i-Baptista, who was featured in the January edition of *Lāna‘i Today* as having earned an Associate’s degree through the Dual Credit program at the University of Hawai‘i Maui College, Lāna‘i Education Center, is happy to have been selected for the scholarship; she lists PLU, located in Tacoma, Washington, among her top choices. “In my research, PLU seems to have a tight-knit community, where students get a good amount of attention from their professors,” Ho‘opi‘i-Baptista says. That appealed to her, as did PLU’s program in psychology, her intended major. Her goal is to go to medical school and become a pediatrician. At press time, Ho‘opi‘i-Baptista had had an interview for the Harstad Founder’s Scholarship, and was waiting to hear back from the scholarship committee.

The senior has been focused this Fall semester on applying for scholarships, doing well in her classes, working as an office assistant at Lāna‘i Kinā‘ole, as well as tutoring elementary students. She understands the need to make sacrifices in pursuit of a goal.

“I’m the oldest of seven siblings, so I want to set a good example,” Ho‘opi‘i-Baptista says, and sees her community as having shaped her. “I want to go to college and have these new experiences. And then I want to return to this island and give back to my community.”

## Keiki art kits

Contributed by Katie McQuinn

**S**wing by the Lāna‘i Art Center, 339 Seventh Street, for FREE keiki art kits! Pictured are February’s cool STEAM kits offered in partnership with Natalie Ropa, our friend and neighbor at Maui College. STEAM enhances the traditional STEM program by adding art to the mix. LAC continues to expand projects and programs to appeal to all ages in your ‘ohana, so come check us out!



Photograph by Nelinia Cabiles

## Lāna‘i Art Center spotlight: Kalikar de Brum

Contributed by Cindy Sagawa

**K**alikar de Brum says it was always good fun to join classmates after school at the Lāna‘i Art Club, where he felt free to be creative, after having been at school all day, and told to “do this” but “don’t



de Brum with paper art

do that.” “The Art Center provided a safe environment for creativity,” de Brum says. “It was a place after school where we could bounce off the walls instead of releasing that energy at home.

“We had a variety of materials to use, such as markers, pipe cleaners and Styrofoam trays. I was probably goofing around most of the time, but Auntie Nat had us sit down and focus on the details when doing ceramics.”

He recalls that the classes offered ways to spark the imagination, look for inspiration, and to make each project one’s own. “We were encouraged to be creative, to consider what the project was, and how to get to the end product. We had multiple materials to consider all the possibilities.”

de Brum graduated from Lāna‘i High and Elementary School in 2015, and enrolled at the University of San Diego to study General Engineering, with a concentration in Embedded Software. For his senior project, he worked with three friends, as part of a team, to build a 3-D printer. de Brum recalls how the formative lessons he learned at the Art Center helped him and his team work through multiple challenges to produce their final piece. “I remember from Art Club that you need to work and play nicely together,” de Brum says. “If you don’t learn that skill you will find your life very difficult. You’ll find it easier to work with a team.”

The professor for the class is also the owner of Clarity Design, a full-service manufacturing firm. de Brum completed a one-year internship with Clarity Design while in college and was offered a job at the firm before graduating. He accepted the offer and has been working full-time since January 2020, though remotely, because of COVID-19.

de Brum designs engineering software for companies looking to have a product designed and a prototype created. Clarity Design may be also asked to manufacture the product.

“We have to look at each new client with creativity and problem-solving. You think through the ideas, make a plan, draw up several different options or routes to consider. No idea is too big,” de Brum says.



de Brum with girlfriend, Kristine Elan

“You must think through an idea to come up with a solution and overcome the challenges to reach the end goal.”

When asked why the Lāna‘i Art Center should continue to be part of our community, Kalikar says, “a child does not have to be an artist to benefit from participating. The classes will boost whatever creativity [a child] has. And you don’t have to be skilled. Just let your spirit run around. It’s therapeutic and beneficial for any kind of problem-solving.”

**Lawe i ka ma‘alea a kū‘ono‘ono. Take wisdom and make it deep.** (Pukui 211).

## Virtues in Paradise The Gethsemane Secret

Contributed by  
Linda Kavelin-Popov

**W**hat is your first reaction to tribulation? “Why me, Lord?” or “Be with me, Lord.” Since learning that I need open heart surgery, such questions are foremost in my mind. Will I succumb to anxiety or hold onto love? They do not mix well. “There is no fear in love, but perfect love casts out fear” (1 John 4:18).



Linda Kavelin-Popov

I have long believed that every trial holds a hidden gift – a new strength, a fresh upwelling of virtue. Sufi mystic Rumi wrote, “These pains you feel are messengers. Listen to them.” And “Where there is ruin, there is hope for treasure.”

In these troubled times, we are all suffering loss of one kind or another, some heart-wrenching. It is essential to feel what we feel without shame, and then to be open to what we are called to do or be in this moment. It makes all the difference to think of ourselves as spiritual champions, whose Coach is pushing us to our very limits – not to make us suffer, but to train us in strength, to stretch our capacity for greatness. Baha’u’llah, Prophet Founder of the Baha’i Faith, wrote: “Out of the wastes of nothingness, with the clay of My command I made thee to appear and have ordained for thy training every atom in existence...” (*Hidden Words* 29). The very purpose of life is to cultivate our Divine nature – our virtues – by recognizing our teachable moments and rising to their challenges.

Jesus’s experience in the garden of Gethsemane is a powerful example for all of us. Jesus knew he was going to be killed, and all He asked was that His disciples “keep watch” with Him, so he wouldn’t face it alone. And what did they do? They fell asleep – twice. Alone with God, Jesus discovered the most profound courage and strength possible, through an act of total surrender to the Divine will: “...he said to them, ‘My soul is very sorrowful, even to death; remain here, and watch with me.’ And going a little farther he fell on his face and prayed, saying, ‘My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will’ (Matthew 26: 36-56).

First, Jesus felt his sorrow fully. He suffered betrayal by his closest companions. He realized he could rely only on God. Then, after asking to be relieved of his fate, he asked that God’s will, not his own, be done. In our own Gethsemane times, we must know what we feel, cry our healing tears, acknowledge what we wish were different, and then surrender to our destiny. To trust even in the darkest times, that the Divine has a greater plan for us than we have for ourselves, is our true soul work. Trust is transformational. It leads to resurrection, the fulfillment of our purpose and our joy. “Those who wait on the Lord shall renew their strength. They shall mount up on wings as eagles; they shall run and not grow weary, walk and not faint” (Isaiah 40:31). As I surrender to the repair of my broken heart, may I lean on the everlasting arms of Love.

Composer Leonard Cohen, in an homage to Rumi, wrote in his magnificent song, “Anthem”, “There’s a crack in everything. That’s how the light gets in.” The Japanese have an exquisite, centuries-old tradition, called Kintsugi, in which broken pottery is repaired with gold marking its cracks. They celebrate the beauty of brokenness. There is sweet freedom in recognizing our cracks, loving our wounds, open to the messages they bring.

[www.lindakavelinpopov.com](http://www.lindakavelinpopov.com)



## Reese’s Peace You are what you think

Contributed by Caroline Reese

**D**id you ever overthink a problem until it became bigger than it was? Did you ever overthink positive things until they didn’t look so positive anymore? Or overthink what someone said to you and created a story about it in your head that was not true?



Caroline Reese

Many of us spend a tremendous amount of time overthinking the past or the future. These narratives sometimes prevent us from staying in the present, affecting us and those in our lives.

It was my beloved sister, Anna, who told me to stop thinking almost seven years ago. Two days before she went to heaven, she told me, “Life is good; everything is good. Stop thinking. Just stop thinking.”

I had a hard time absorbing what she was telling me. All I could think about was my best friend is leaving me. I need her; she is my confidant, my buddy. How can she tell me everything will be okay? I wrote down what she said verbatim because I didn’t understand and didn’t want to forget it. Her last words were, “stop thinking.”

How do we stop thinking? We think all the time. And then I realized she was telling me to stop overthinking.

A month after Anna passed, I began to practice not to overthink. I chose to become open and to surrender to what came my way. My ego was slowly fading away, and I began to live life authentically, to do what felt right for me. My new outlook on life was not comfortable, initially; some of my friends and family members did not understand my choices, and I was okay with that. Authentic living sometimes requires things to fall apart, so that alignment can happen.

As children, we observe, listen and obey, which should bring us closer to feeling joy and keeps us aligned. But so many of us have learned to live our lives trying to satisfy other people’s beliefs or wishes of how we should be. When we continue to repeat negative thought patterns, they become rooted in who we are. They then become our beliefs, and it is our beliefs that define who we are and the reality we experience.

In his commencement address at the 2014 Maharishi University graduation, actor Jim Carrey said, “If you listen to the ego, there will always be someone doing better than you. No matter what you gain, the ego will not let you rest. It will tell you that you cannot stop until you’ve left an indelible mark on the earth, until you’ve achieved immortality.”

It takes a lot of personal work and consistent practice to resist the cycle of overthinking, which leads to feelings of inadequacy. Embrace that you are the thinker, that you can choose how and what to think based on the truth, not on fear.

Four questions to kickstart taking control of how you think:

Does the story I tell about myself empower me?

What behaviors do I need to change?

What emotions do I want to feel?

What are my limiting beliefs?

When we choose to stop overthinking, we start to become open to the process of life. When we change how we think and act, and choose what we want to feel, we can significantly improve our lives. We can discover a lightness, a freedom, and even find joy in the most challenging moments. How we view circumstances or challenges affects our wellbeing. Remember that peace is not the absence of conflict, but the ability to cope with it.

Caroline is a wellness coach who resides in Lāna‘i, HI.

[www.carolinereese324.com](http://www.carolinereese324.com)

‘A‘ohe hana nui ke alu ‘ia. No task is too big when done together by all (Pukui 18)



# From the Farm Celebrating Women’s History Month with the Women of Sensei Ag

A monthly column conceived and authored by the Sensei Ag leadership team.

**T**hirty-four years ago, the United States Congress passed a law which officially designated March as Women’s History Month to honor women’s contributions to culture, history and society. To support the continued acknowledgement of equal rights, March 8 was declared International Women’s Day by the United Nations, “to recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms requires the active participation, equality and development of women.”

In the spirit of honoring the contributions of women, Sensei Ag would like to give a nod to our female leadership team for today’s “From the Farm” column. While about forty percent of our staff are women, we’ll introduce four to you today. We are an equal opportunity employer, so closing the gender gap is a priority for Sensei Ag and Sensei Farms. Thank you for the opportunity to share a snapshot of our female teammates.

## *The Women of Sensei Ag*

### **Bonita Sandi, sales manager & executive assistant**

A flutist who was part of the Hula Bowl Marching Band, Bonita Sandi is a true veteran of Lāna‘i. She has worn many hats throughout her career on the island, having worked for both resorts, as an executive assistant for the Lāna‘i Community Health Center, and overseen youth activities for the Lāna‘i Youth Center. Since October 2020, Bonita has been a sales manager and executive assistant for Sensei Ag. “My favorite thing about Sensei Ag is the work culture and values that are shared among our team members. Everyone expresses genuine care for one another, and even though we are miles apart, we have a common goal, which is to help feed the planet and achieve healthier, longer lives,” Bonita explains. She feels honored to work among so many accomplished women at Sensei Ag. “As women,” she believes, “we are bound only by the limitations that we place on ourselves; there are no limits, the sky is the limit.”

### **Sonia Lo, chief executive officer**

A farmer, a chef, an angel investor and a mother of two who speaks seven languages and holds a third-degree black belt in Tae-Kwon Do, Sonia Lo is not your traditional CEO. Having spent her initial career in technology, it was a mid-life revelation for Sonia to discover that she is infinitely happier growing food. Sonia joined Sensei Ag in May 2020 right in the heart of the pandemic, after serving as CEO of Crop One Holdings, a vertical farming company based in Massachusetts, that, alongside Emirates Flight Catering of Dubai, was building the world’s largest vertical farm. Sonia could not be happier to be leading Sensei Ag. She explains that Sensei Ag’s “culture, forged in the midst of this life-altering pandemic, is something of which I’m particularly proud.”

While Sonia believes that the global pandemic has in many ways been disproportionately negative for women, she explains, in jest, that “Zoom has nullified all of the physical metrics people used to measure (and make assumptions about) one’s colleagues, and for women, in particular, it’s been beneficial, as we are measured on output and competence, and not on attire or size.” You’ll often find Sonia on Zoom with her beautiful daughter Lillian sitting on her lap and still having the most in-depth conversations. Lillian, by the way, was born on March 8, International Women’s Day. If that is not a powerful sign, then what is!

### **Dr. Jenna Bell, senior vice president of nutritional science**

A two-time Ironwoman, published author, former college professor and mother of two girls (and one dog), Dr. Jenna Bell has literally run marathons to achieve greatness in food, nutrition and wellness. Jenna joined the Sensei Ag team alongside Sonia, having both worked together at Crop One. While Sonia and Jenna’s combined wellness work began at Crop One, Jenna notes that she started her career in nutrition and food security in the 1970s at six years old. “I would collect gravel and leaves and serve them as burgers to the neighbors.” From gravel burgers to a PhD in human health and performance, Jenna has come a long way. She has been a dietitian for HIV/AIDS and oncology, part of the medical faculty at The Ohio State University and spent thirteen years at Pollock Communications, a public relations firm focused on food, nutrition and wellness. Jenna is very proud that she works for a company that promotes female success. She explains that while “change is a slow moving barge, Sonia Lo gives me hope.”

### **PJ Catledge, director of Culinary Solutions**

PJ comes from a family of very strong women. Her grandmother was the first woman to ever deal blackjack on the floor of a Nevada casino. PJ notes that her family was always involved in the food and beverage industry in some form or fashion. She began her hospitality career in her teens to supplement her school work, and after two decades-plus in hospitality management, PJ was offered a position in the Aramark Premium Division for the Boston Red Sox. “Not only did I learn game day operations for Major League Baseball, but I also learned the art of world-class large-scale event planning and feeding thousands of fans with minimal food loss and public safety at the forefront.” Soon after starting with the Red Sox, PJ met Sonia who introduced her to the world of AgTech and indoor farming. PJ joined the Sensei Ag team along with Sonia and Jenna and has never looked back. PJ very much appreciates the “importance that Sensei Ag puts on work-life balance and making sure everyone is connected” during such an unprecedented time in world history. PJ hopes to continue the trend of strong women in hospitality explaining that “there’s still more work to be done by installing women in top food and beverage leadership roles.”

Sensei Ag commends all strong females and hopes that you too will join us in celebrating our strong leaders.

## **Spicy Hot Pepper Mango Margarita**

### Cocktail:

- 1 mango (cut into chunks)
- 3 oz. pineapple juice
- Juice of 1 lime
- 1 Sensei Hot Pepper (deseeded and sliced)
- 3 oz. Cointreau or Triple Sec
- 3 oz. Silver Tequila
- Agave (to taste)

### Rim:

- 1.5 tsp. kosher salt
- 1.5 tsp. granulated sugar
- Hot pepper

Garnish: Lime wedge; mango chunk; Chinese hot pepper

Slice open a Sensei Hot Pepper. Run it around the lip of your margarita glass to wet the rim. On a small plate, spread out the kosher salt and sugar, and then dip the edge of your margarita glass in the salt. If you really like spice, add chili powder to the rim mixture. Fill your glass with ice and set aside.

Add mango chunks, pineapple juice and lime juice to a blender and pulse until smooth. In a cocktail shaker, muddle the hot pepper and top with ice. Add the mango mixture from the blender along with the Triple Sec and Tequila. Shake vigorously until your shaker is frosty on the outside. Strain into glasses. Garnish with limes, peppers or mango chunks. For a sweeter drink, drizzle a little agave syrup. Makes two delicious cocktails, offering the sweetness and the punch of a powerful woman!



Text and photography by Nelinia Cabiles



Roofing iron



The corner of Eleventh Street and Ilima Avenue



A truckload of tires



Everything but the kitchen sink



Remima Lipan and Lynne Fuchigami-Costales doing the collection intake.



Refrigerator Tetris



Tetris team

Before seven o'clock in the morning Saturday, February 27, 2021, a motorcade of pick-up trucks had already begun queuing up on Eleventh Street and onto Ilima Avenue, over an hour early, their flatbeds and trailers heaped high with inoperable, unwanted junk: rusty sheets of roofing iron, washers and dryers, batteries, tires, propane tanks, TVs. Starting at eight o'clock, the work crews of Pūlama Lāna'i would muscle the castoffs into waiting containers and loaders in the Fleet yard.

"There were nine roll-offs of metal, two roll-offs of tires, pallets of batteries, a dozen propane cylinders, a forty- and twenty-foot container of refrigerators, and one twenty-foot container of e-waste. [We took] an estimated thirty tons of waste off the island," says Noemi Barbadillo, director of Commercial and Residential Properties, Operations, Pūlama Lāna'i, who says that Saturday's one-day haul, though sizable, was smaller than the collection in 2016, when waste tonnage hit 2,280.

Pūlama Lāna'i has provided Lāna'i residents this metal and white goods collection twice a year, free of charge, since 2013. The company pays for the entire cost, which includes supplying manpower, shipping equipment and bins, and processing the metal.

"People can dispose of their metal for free! Saves all of this from going into our landfill," says Barbadillo. "Our last collection was in October, and the amount of metal we collected just four months later is amazing! Metal here is like gremlins – it multiplies so much!"

Refrigerant Recycling prepares and processes the metal on island, loading it into their own flat racks, which can move an estimated fifteen tons per flat rack. The containers are shipped to O'ahu, where the metal is shredded, and every three months, loaded onto a ship to be delivered to the best buyer overseas in China, Vietnam, Turkey, or Indonesia.

In addition to the metal waste collection, Pūlama Lāna'i also provides a junk car collection, scheduled this year for March. The cost is one hundred fifty dollars per vehicle. According to Barbadillo, there are already fifty cars signed up to be towed; sixty-five cars were hauled away in 2020. "We've done as many as 197 cars (in 2016)," says Barbadillo.

By Nelinia Cabiles / Photography by Ron Gingerich

# Play is another word for



If no one had lofted a rock into the air and swung at it with a stick and sent it sailing across a sandlot or grassy clearing, would we have had softball? The game as simple as this was surely destined to be invented.

History tells us that the game of softball is based on rounders, a striking and fielding children's game played in England since the late 1400s. But we hardly need history to know what we know and feel when we watch young children learning T-ball, as they swat at a ball, motor after a pop fly, round third base, legs and fists pumping, their leather mitts hanging at their sides like outsized paws, their whole soul in the game. Their delight is as pure and spontaneous a response to play as we ever get. Later, they will master the timing of a base steal, pack heat and speed in their curveball, hear the music in their swing, but right now, on this sunny day on Lānaʻi, these T-ball and Coach-Pitch players, age four to five, and six to seven, respectively, are finding their own flow, inventing, it would seem, as they field grounders and swing for the trees, joy on the fly.

T-ball and Coach-Pitch season began mid-February and ends March 20.



Good coverage



Maui County Parks & Recreation Department provides use of the field.



Fair ball



Aliana Primacio



Enoka Mau Fauatea



Dreyzin Mirafuentes



Hana Lee



Ready at the batter's box



Swinging for the trees



Silver Sharks kick up dust, while Lord Zablan snags the base hit.

# Lāna‘i Community Health Center

Welcome back  to  
monthly Vision Clinics at LCHC!  
*Call us to be placed on our waitlist!*

*During your visit, you may now also choose from a variety of non-prescription sunglasses as well... Maui Jim, Zeal, Oakley, Ray-Ban, Kaenon and more!*

## Welcome Dr. Daniel Truong!

Dr. Daniel Truong was born and raised in Kirkland, Washington. He obtained his Bachelor of Science in Vision Science and Doctorate of Optometry from Pacific University in Forest Grove, Oregon. Dr. Truong completed a residency in Primary Eye Care at the George E. Wahlen Department of Veterans Affairs Medical Center in Salt Lake City, Utah where he routinely managed patients with cataracts, glaucoma, macular degeneration and diabetic retinopathy. He has provided eye care in a variety of clinical settings including traveling to remote areas in Alaska and Guatemala. During his free time, Dr. Truong likes to surf, bike and spend time with his wife, Liane, who was born and raised on Maui and is a physical therapist.



Dr. Daniel Truong



*E Ola Nō  
Lāna‘i  
Life,  
Health  
and  
Well-being  
for Lāna‘i*



SCAN ME



The Lāna‘i Community Health Center (LCHC), being an advocate and provider of care for the community of Lāna‘i, aims to support residents who have academic goals in pursuing higher education in health sciences or an administration/finance career in the health service industry. Through this scholarship, LCHC has an opportunity to recognize and support Lāna‘i students who have

excelled in academics, leadership, extra-curricular activities, and community service. It is the hope that those who receive this scholarship will return to Lāna‘i to become positive and influential members of the community in the health service industry. Scholarships in the amount of \$1,000 will be awarded to full-time students and \$500 for part-time students. The scholarship must be used towards tuition, books, and other college expenses (receipts will be required). Applicants must:

- Be a Lāna‘i resident graduating from Lāna‘i High and Elementary School or attending a university or college. Preference will be given to LHES 2021 graduating seniors.
- Be accepted to an accredited, post-secondary US community college or university. Must attach proof of acceptance or transcripts for the academic year 2021-2022.
- Must major in the medical & health science related field.
- Must have a cumulative GPA of 3.5 or higher.

For more information contact us at Lāna‘i Community Health Center, 333 Sixth Street or mail to P.O. Box 630142, Lāna‘i City, HI 96763, Phone: (808) 565-6919 / Fax (808) 565-9111, or email [cfiguerres@lanaihealth.org](mailto:cfiguerres@lanaihealth.org)

## Family Planning Services

LCHC offers family planning services to help women and men become parents when they are ready. Family Planning also helps parents space children two or more years apart to better provide a nurturing home and supportive family life. A goal of Family Planning services is to increase planned pregnancies and improve the reproductive health of individuals and communities. Males are encouraged to participate in family planning and other reproductive health services offered.



### Services include:

Health Exams  
Birth Control: Nexplanon, Oral, Patch, Injectable  
Emergency Contraception  
Pregnancy Tests and Counseling  
Tests for Chlamydia, Gonorrhea, Syphilis, HIV  
Cancer Screening

Referral to Other Services  
Health Education  
Infertility Prevention  
Preconception  
Reproductive Health  
Reproductive Health Plan

*For more information or to schedule a confidential appointment, please call 808-565-6919.*

### LCHC Career Opportunities

□ FRONT DESK REPRESENTATIVE

Send your resume and cover letter to [Cfiguerres@lanaihealth.org](mailto:Cfiguerres@lanaihealth.org) or drop off at Lāna‘i Community Health Center at 333 6th St.

565-6919 - [www.lanaihealth.org](http://www.lanaihealth.org) - @LanaiHealth

# LĀNA'I COMMUNITY DRIVE-THROUGH VACCINE CLINIC



**BY APPOINTMENT ONLY**

**MARCH 27, 2021 | 11AM - 5PM**  
**DOLE ADMINISTRATION BUILDING**



This is our shot to protect our community. Open to all Lāna'i residents (aged 16 years and above).

Please arrive to the parking lot no earlier than 10 minutes before your appointment time.

1. From 7th St, turn right onto Queens St.
2. Turn right onto 9th St.
3. Turn right onto Lanai Ave.
4. Turn right onto 8th St. into the rear parking lot of the old Dole Administration Building (730 Lanai Ave).

Our rural island community is particularly vulnerable to the effects of COVID-19. Please do your part to protect yourself and our Lāna'i 'ohana to help end this pandemic.

Learn why you should get vaccinated and sign up at:  
**[mauihealth.org/lanaiivaccines](https://mauihealth.org/lanaiivaccines)**

Maui Memorial Medical Center  
Maui Memorial Outpatient Clinic  
Kula Hospital and Clinic  
Lāna'i Community Hospital



**Lāna'i  
Community Hospital**  
MAUI HEALTH

[mauihealth.org](https://mauihealth.org) | [#THISISOURSHOT](https://twitter.com/THISISOURSHOT)



Mia and Jenna Majkus commemorate International Women's Day (March 8) and celebrate kind, strong and courageous women all over the world. Honor the woman in your life with Z Supply's spring collection of soft dresses and shorts, as well as Beekman soaps and lotions. New inventory of Maui Jim sunglasses arriving soon.

*Come check us out!*



**Now Open:**  
 10 a.m. - 5 p.m. Mon - Sat.  
 Sun. - 10 a.m. - 2 p.m.  
 808-565-9130

Like us on Facebook and watch for us

on Facebook Live!  
**facebook**

*Hours subject to change pending any COVID-19-related restrictions*



Pono Aloha Kuleana

The Mission

The Island

The Agent

The Dream

**Gregory L. Sturm RS-65206**  
**808-563-0170**

# SENSEI

Join Sensei Retreats Lāna'i and be part of a collaborative and hard-working team dedicated to supporting guests on their journey towards wellbeing.

We're currently hiring for a variety of roles including:

- **Fitness Instructor**  
• Full time & On Call
- **Meditation Instructor**  
• Full time & On Call
- **Massage Therapist**  
• Full time & On Call
- **Hike Guide**  
• On Call

We're looking for passionate candidates with proven knowledge and skills to execute an enriching wellness experience.

Review job descriptions for the above and apply at [www.sensei.com/careers](http://www.sensei.com/careers)  
 Direct inquiries contact: Alison Harding at [aharding@sensei.com](mailto:aharding@sensei.com)

## Lāna'i Hardware & Lumber

We have the tools and supplies you need to spruce up your home and garden.

We also offer color-matching with Pittsburgh Paints, key-making services, bagged goods for gardening projects, and materials for plumbing and electrical work.

We also feature an array of birthday and greeting cards.

**Come check us out!**

**OPEN:**

Monday to Friday, 8:30 a.m. to 5:00 p.m.

**CLOSED for LUNCH:**

12:30 p.m. to 1:30 p.m.

Hours subject to change; please call for most current information, **565-9394**.



Monica and Albert Borges, owners, with employee Sheilah Agcaoili (center)

Centrally located at 1110 Lāna'i Avenue, next to the service station.

**565-9394**

## Mike Carroll GALLERY

*Hello Spring!*



Fresh ideas for you and your home.



10% Kama'aina Discount Gallery-wide

Dole Park at 7th Street • 808-565-7122  
Monday-Sunday 10AM - 6PM

[www.MikeCarrollGallery.com](http://www.MikeCarrollGallery.com)

Mike Carroll  
**GALLERY**



**Lāna'i City**  
Bar & Grille



## DINING ROOM NOW OPEN

  
**RESERVATIONS REQUIRED**

Make your evening special, and reserve a table at Lāna'i City Bar & Grille. Check out some of our new menu items like fried oysters, Lāna'i venison ragout, seared scallops and shrimp, or enjoy your old favorites.

**OPEN FOR DINE-IN, TAKEOUT, AND DELIVERY**

*Tuesday-Saturday, 5-9 PM*

**JOIN US FOR TACO TUESDAYS**  
5-9 PM

**LIVE ENTERTAINMENT**  
FRIDAY & SATURDAY,  
6-9 PM

**CONTACT US**  
563-0936

[LANAICITYBARANDGRILLE.COM](http://LANAICITYBARANDGRILLE.COM)



**Our Locally-Grown Produce**



**Crystal Lettuce**  
*Juicy and bright for sandwiches, burgers and salads*



**Lānaʻi Japanese Cucumber**  
*Enhanced by a delicate dose of toasted sesame oil or rice vinegar*



**Lānaʻi Sweet Pepper**  
*Perfect place, perfect pepper*



**Roma Tomato**  
*Roast, char, marinate or simply snack*



**Lānaʻi Mini Cucumber**  
*Chop for a salad, slice with a dip, puree in gazpacho soup?*



**Beefsteak Tomato**  
*Hearty, multi-talented, cooked or fresh*

*Available To Buy  
In-Store*

**Pine Isle Market**  
Mon – Sat: 8am–7pm  
Sun: 8am–5pm

**Richard’s Market**  
Open Daily  
6am–10pm

**Enjoy Our Produce At The Below Restaurants**

- |                          |                  |                          |                        |
|--------------------------|------------------|--------------------------|------------------------|
| Blue Ginger Cafe         | Cafe 565         | Coffee Works             | Ganotisi Variety Store |
| Lānaʻi City Bar & Grille | Nō Ka ‘Oi Grindz | Pele’s Other Garden Deli |                        |
| The Plantation Deli      | Malibu Farms     | One Forty                |                        |
| Nobu at Manele           | The Break        | Sensei by Nobu           |                        |





**Minimum Requirements at time of application:**

1. Must be at least 62 years old.
2. RD Income Limits:  
 One person - \$35,900  
 Maximum Two persons - \$41,000  
 Must be capable of achieving an independent living status.

Call office for more information  
**565-6615**

**Margulies & Associates**

LANAI LUXURY REAL ESTATE ADVISORS  
 40 YEARS OF EXPERIENCE IN LUXURY REAL ESTATE

CONNECTING CLIENTS TO THEIR DREAM PROPERTIES  
 IN HAWAII, LAKE TAHOE/RENO  
 & AROUND THE GLOBE

Island | Sotheby's  
 INTERNATIONAL REALTY



Jay Dina Khal Soni

**Jay Margulies** CRS, CLHMS  
 REALTOR (S) RS-81306

jay.margulies@sothebysrealty.com  
 marguliesandassociates.com

**808 280 1080**

Island | Sotheby's  
 INTERNATIONAL REALTY

Island Sotheby's International Realty - 5095 Napilihau St, Suite 113a, Lahaina HI 96793  
 Each franchise is independently owned and operated.

**SENSEI  
 FARMS**

**We're Hiring!**

📍 Lāna'i

**We are looking for people to join our team at Sensei Farms to grow nutritious and delicious food right here on Lāna'i!**

Throughout 2021 we'll be hiring for roles in a variety of capacities including harvesting, logistics, food safety, and greenhouse operations.

We are looking for candidates interested in:

- Growing fresh fruits and vegetables for their friends and neighbors in the community
- Being part of a science-based and forward thinking, transparent environment
- Working with an exciting new team and learning from people with diverse backgrounds

**We are currently looking to fill the following positions:**



- ▶ *Operations Associate*

**Full-time and part-time positions available!**

Please apply at [sensei.ag/careers](https://sensei.ag/careers) if you're interested in joining the team.

For direct inquiries please contact:

**Scott Pisani at [scott@sensei.ag](mailto:scott@sensei.ag)**

  
 HOSPICE HAWAII  
*is now*  
  
**Navian HAWAII**  
*care for every life journey*

**Local non-profit agency  
 committed to serving our  
 patients and their loved ones  
 is hiring for:**

**Nurse Case Manager**  
 (per diem, up to 2 days  
 a week and on call).  
 State of HI Nursing License and  
 at least 2 yrs exp. in acute setting  
 reqd. Hospice exp. pref.

Must have valid driver's license  
 and use of own car w/valid ins/  
 registration/safety req.

Qualified applicants, send resume  
 to [hr@navianhawaii.org](mailto:hr@navianhawaii.org)  
 or fax to (808) 791-8076  
 An EOE

  
**MID-PACIFIC  
 PEST CONTROL**

P.O. Box 2295, Kihei, HI 96753  
 (808) 249-2233 Fax: 249-2234  
 PCO#803

**Now servicing the island of Lānaʻi**

TENT FUMIGATION  
 RESIDENTIAL PEST CONTROL  
 COMMERCIAL PEST CONTROL  
 GROUND TERMITE TREATMENTS  
 PRE-CONSTRUCTION  
 SOIL TREATMENT  
 BIRD/RODENT EXCLUSION  
 HOME SALES T.I.R.  
 (TERMITE INSPECTION REPORT)  
 ORANGE OIL TERMITE TREATMENT

Call Ray @ (808) 249-2233 x3  
 Cell (808) 866-6695  
 E-mail: [ray@mauipestcontrol.com](mailto:ray@mauipestcontrol.com)

  
**MOKULELE**  
 AIRLINES  
 A SOUTHERN AIRWAYS COMPANY

**Lower Fares...More Options from the Airline Dedicated to Lānaʻi**  
**Now with six daily flights to Honolulu and three daily flights to Kahului**  
*(book early for the best prices!)*

	<b>Honolulu to Lānaʻi City</b>		<b>Lānaʻi City to Honolulu</b>	
 <b>Honolulu                      Schedule</b>	<i>Departs</i> 6:00am 7:45am 9:05am 12:05pm 4:25pm 6:45pm	<i>Arrives</i> 6:45am 8:30am 9:50am 12:50pm 5:10pm 7:30pm	<i>Departs</i> 7:05am 8:50am 10:10am 1:20pm 5:35pm 7:50pm	<i>Arrives</i> 7:50am 9:35am 10:55am 2:05pm 6:20pm 8:35pm
	<b>Kahului to Lānaʻi City</b>		<b>Lānaʻi City to Kahului</b>	
 <b>Kahului                      Schedule</b>	<i>Departs</i> 8:05am 12:25pm 4:35pm	<i>Arrives</i> 8:35am 12:55pm 5:05pm	<i>Departs</i> 8:55am 1:15pm 5:30pm	<i>Arrives</i> 9:25am 1:45pm 6:00pm

\*Schedule subject to change

No testing or quarantine for flights  
 between Lānaʻi and Maui  
**MokuleleAirlines.com**



Groups of 3 or more should book through  
 the call center for the best prices  
**808-495-4188**



All your real estate needs on the island and beyond.

Okamoto Realty has a long history of serving the residents of Lāna‘i.

*Luxury properties as well as homes in town.*

*Visit our office, phone, text or email.*

Linda Kay Okamoto R (B) 16288

Okamoto Realty LLC

338 Eighth St.

Lāna‘i City, HI 96763

808-565-7519 office

808-559-0200 cell

[www.HomesonLanai.com](http://www.HomesonLanai.com)



L-R, front row: Melanie Manuel; Aaron Sabino; Freddie Espiritu. Back row: Leonor Amby; Helen Barsatan; Bemilda Etrata; Cory Honda; Kerry Honda, owner. Missing: Alex Vega and Debbie Manuel  
Photograph by Nelinia Cabiles

To our dedicated and beloved employees, in honor of Employee Appreciation Day (March 5), we would like to express our deepest appreciation and gratitude for your hard work and loyalty. You have always been the front line of Pine Isle Market, not only in this time of crisis, but forever.

A heartfelt THANK YOU goes out to each and every one of you.

Open Monday - Friday  
8 a.m. - 9 a.m. - medical & kūpuna hours  
Monday - Saturday  
9 a.m. - 6 p.m. - General Public  
Closed on Sunday

## PINE ISLE MARKET

*Your neighborhood grocer since 1949*

**Located on Dole Square in the heart of Lāna‘i City 565-6488**

## JOIN US AT VIEWS



Enjoy Lū' Au Pork and Spicy Crispy Chicken Sandwiches, Salmon Wraps, Beet Poke and a selection of delicious beverage offerings for lunch.

Lunch 11:00 am – 3:00 pm

*Closed Mondays*

Call for reservations (808) 565-2230



## Use extreme caution during fruit-picking season.



### Always check for power lines before harvesting or trimming.

- 10-foot rule: keep yourself and ladders/tools at least 10 feet away from overhead power lines.
- A tree touching a power line can be energized. Stay away and call Hawaiian Electric's Lāna‘i Trouble Line at 1-877-871-8461 toll free.
- In an emergency, call 911.

For more information, go to [hawaiianelectric.com/fruitpicking](http://hawaiianelectric.com/fruitpicking)



**Hawaiian Electric**

ART ON ISLAND

Text and photography by Sasha Drosdick

# Madame Lalanne

In celebration and appreciation of pioneering women, this month's article examines the French sculptor Claude Jacqueline Georgette Dupeux, better known as Claude Lalanne (1924-2019). At a time when it was rare for women to attend higher education, Lalanne studied architecture at the École des Beaux-Arts and fine art at the École nationale supérieure des Arts Décoratifs in Paris. She became a very successful sculptor, jewelry maker, furniture designer and muse during her own lifetime.

Lalanne's sculpture here on Lāna'i showcases her primary subject matter of botany, plants and fruit, in her medium of choice: bronze. Although she was known for making small and delicate works, she made more monumental sculptures, too. Her sculpture at Kō'ele, titled "Pomme d'Hiver" or Winter Apple, is one of her largest sculptures. The bronze apple, which is over five feet in diameter, sits on a small knoll between the Great Lodge and the hotel's northern wing. Like the similar sculpture that was installed on Park Avenue in New York City, the Lāna'i "pomme" is whimsically larger than life.

Lalanne often used her own garden as a source of inspiration and materials. Apples were a reoccurring theme in her practice, and they would sometimes appear as brooches, or even smiling paperweights. She was known to make tarts, as well as plaster casts of the apples from her own garden. Using these plaster casts, she would make life-size bronze apples – sometimes adding smiles taken from the casts of her friends. These works, like many, express her light humor and sense of whimsy, as well as her interest in the natural world. With the leaves, twigs and flowers from her garden, she would make exact metal replicas using the electroplating process. As a talented metal worker, she also made sculptures, artworks, and furniture using other techniques like welding.

It is no wonder that Lalanne developed close relationships with many famous artists of the time, such as Salvador Dalí (who even took credit for one of her designs!), Man Ray, Niki de Saint Phalle, and their neighbor Constantin Brancusi. Even French President Emmanuel Macron was an admirer. After her death in 2019, he stated that "Claude Lalanne was a poet of forms and matter, who drew her inspiration in nature" and whose works "re-enchanted the familiar and the functional, while injecting into the substance of contemporary life a bit of fairy tales' dreamlike madness and nature's sublime disorder."

Mrs. Lalanne was many things: A Surrealist, jewelry maker, metal worker, gardener, fashion design collaborator, window display designer, mother, wife, and grandmother. I like to think that she would be charmed by her Apples' presence in the gardens at Kō'ele and tickled that the wild turkeys have taken such a liking to her work. They are often found nearby.



"Pomme" in New York City. Photo credit: Mark Markin, ©2019 Les Lalanne / Artist Rights Society (ARS), New York / ADAGP, Paris. <http://arsny.com/licensing-requests/>



Claude Lalanne "Pomme d'Hiver" 2008/2015, installation view at Kō'ele



Wild turkeys enjoying Claude Lalanne "Pomme d'Hiver" at Kō'ele



Claude Lalanne "Pomme d'Hiver" 2008/2015, installation view at Kō'ele



Claude Lalanne "Pomme d'Hiver" 2008/2015, detail view